

LOW FODMAP DIET

ENJOY

AVOID

VEGETABLES



CARROT, BELL PEPPER, LETTUCE, CUCUMBER & MORE

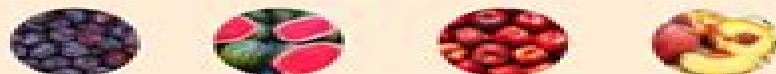


GARLIC, ONIONS, CABBAGE, PEAS & MORE

FRUITS



GRAPES, ORANGES, CANTALOUPE, BANANA & MORE

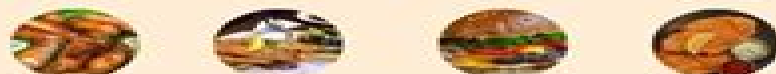


PLUMS, WATERMELON, APPLES, PEACHES & MORE

PROTEINS



BEEF, PORK, CHICKEN, FISH, EGGS & MORE

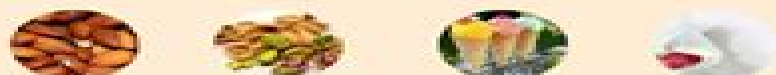


BATTERED AND BREADED FISH AND MEATS & MORE

FATS & DAIRY



BUTTER, OILS, PEANUTS, LACTOSE FREE DAIRY & MORE

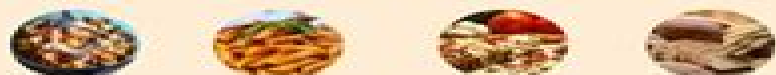


ALMONDS, PISTACHIOS, ICE CREAM, LACTOSE & MORE

STARCHES, CEREALS & GRAINS



POTATOES, OATS, RICE BRAN, CORN FLOUR & MORE



CEREALS, PASTA, PIZZA, BREAD & MORE

Low Fodmap Snacks For Irritable Bowel Syndrome

**Kristina Campbell, Maitreyi
Raman, Natasha Haskey**



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